

MITCA Track Clinic 2025

January 23rd, 24th and 25th

Thursday 23rd		6:00- 7:30 Registration		
	Time	Speaker	Topic	Room
1st Session	7:00 7:50	100/110 Hurdles	Nathan Probst - CMU	A/B
		Distance Training	Jerry Baltes GVSU	C/D (250)
		Pole Vault	Curtis Bell CMU	Aurora (150)
2nd Session	8:00-8 :50	200m training and strategy	Nathan Probst - CMU	A/B (250)
		Take Ownership of your Program/Distance Part 1 Erik Dettman – Lincoln High School		C/D (250)
		Preventing Overuse Injuries	Tyler Finch Ivy Rehab	Aurora (150)
3rd Session	9:00 – 9:50	Why Do We Coach Ryan Banta		A/B (250)
		Take Ownership of your Program/Distance Part 2 - Erik Dettman Lincoln High School		C/D (250)
	10:00-12:00	Hospitality		Rio/Cord

Friday January 24th

7:00 AM

Registration Begins

Time	Distance Room	Sprints/Hurdles Room	Psycho/Therapy/ mental training etc.	Throws/ Jumps Room
8:00 – 8:50	A/B (250)	C-D (250)	E/F (250)	Aurora (150)
Speaker	800/1600/3200 Training Eric Dettman	400m Training Boo Schexnayder	"How Athletes Should Fuel on Track Meet Days" Kate Davis	Long Jump Approach to Landing Sue Humphrey
Topic				
9:05 – 9:55	Rotational Shot Put Erik Johnson Arete Throws	Adding Plyometrics to your Program Boo Schexnayder	Mental Preparation Sue Humphrey	
10:10-11:00	Glide Shot Part 1 Erik Johnson Arete Throws	No such thing as middle distance. A unique system for the 400 and 800 Ryan Banta	"A Holistic Approach to Athlete Health, Wellness and Fueling" Kate Davis and Dr. Jill Moschelli	Correcting Errors in the Long Jump Sue Humphrey
11:15 – 12:05	Glide Shot Part 2 Erik Johnson Arete Throws	Examining the Block Start Boo Schexnayder	High-performance Sports Psychology Ryan Banta	Setting up a Jumps Program at High School Sue Humphrey
12:05 – 1:25	Lunch – on your own – many restaurants, fast food within a couple of miles/hotel restaurant is also open			
1:30 – 2:20	"I am an Athlete Too " In depth info on adaptive track and field	Women Gaining Respect in the Coaching Ranks Jacci Storey	Why you need to become an official, and rules questions Charlie Parker John Greathouse ATOM	Dual Meet Timing using Athletic.net: For Timers and Coaches". Mike Scannell
2:35 – 3:30	The AQ, SQ, and EQ, how it works and questions answered			
3:35 – 4:35	Business Meeting			
6:30 – 9:00	Banquet and Awards			

Saturday Jan 25th

8:00 Registration

7:30 Prediction Run – 7:30 in registration area – Steve Porter

	A/B (150)	C-D (150)	E/F (80)	Aurora (150)
8:30 - 9:30	Critical Mass System for Sprinting Ryan Banta	Handling Hamstring Issues Boo Schexnayder	High Jump Sue Humphrey	Pole Vault Tony Bonacci
9:45 – 10:45	Two Hours of In Depth Discus Erik Johnson	Simplifying High Hurdle Coaching Boo Schexnayder	High Jump Sue Humphrey	Pole Vault Tony Bonacci
	Arete Throws			
11:00 -12:00			High Jump Sue Humphrey	Pole Vault Tony Bonacci